



Center Hours:
9:00-1:00 pm Monday-Friday
Center Manager: Paula Bennett
Ph: 441-7152

First United ActivAge Senior Center

2723 North 50th
 Lincoln, NE 68504


ACTIVAGE SENIOR CENTERS
1001 O Street, Suite 101
Lincoln, NE 68508
Ph: 441-7158

NOVEMBER 2004

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 10:00 Senior Stretch 11:00 Cards 11:30 Lunch: Sloppy Joe Adopt the peace of nature; her secret is patience	2 10:30 Bingo- Please Bring a Prize 11:30 Lunch:Chicken Cordon Bleu 1:00 Shopping Happy Birthday Anna Watkins	3 10:30 Holiday Movie 11:30 Lunch: Meatball Stew Get all the advice and instruction you can, and be wise the rest of your life. <i>--Solomon</i>	4 10:00 Senior Stretch 11:00 Jan Blue 11:30 Lunch: BBQ Chicken	5 10:00 Holiday Story 11:30 Lunch: Turkey Tetrazzini Happy Birthday Marie Husbands (11/6)
8 10:00 Senior Stretch 11:00 Cards 11:30 Lunch: Hamburger Patty One of the keys to happiness is a bad memory. <i>-- Rita Mae Brown</i>	9 11:00 Choralers 11:30 Special Holiday Meal Turkey, Stuffing, Mashed Potatoes, Gravy, Cranberry Surprise, Roll & Pumpkin Pie 1:00 Shopping 	10 10:00 Harry & Harriett 11:30 Lunch: Grilled Chicken Patty 1:00 Shopping at Walmart	11  Veterans Day Centers Closed Those who have long enjoyed such privileges as we enjoy forget in time that men have died to win them. <i>--Franklin Delano Roosevelt</i>	12 10:30 McCallum Sisters 11:30 Lunch: Baked Fish
15 10:00 Senior Stretch 11:00 Cards 11:30 Lunch: Lasagna	16 10:30 The 'Clefs' Band 11:30 Lunch:Salisbury Steak Blood Pressure Check 1:00 Shopping	17 11:00 Mark Lehl on the Guitar 11:30 Lunch: Hamburger Patty We do not inherit the land, we borrow it from our children.	18 10:00 Senior Stretch 11:00 Jan Blue & Lisa Watkins Duet 11:30 Lunch: Hot Dog	19 11:00 Alice and Her Band 11:30 Lunch: Chicken Breast with Tomato Basil Sauce Cats are smarter than dogs. You can't get eight cats to pull a sled through snow. <i>--Jeff Valdez</i>

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
22 10:00 Bean Bags 11:00 Cards 11:30 Lunch: Beef Sausage Gravy	23 10:30 Bickford Cottage is sponsoring bingo prizes and our lunch. 1:00 Shopping	24 10:00 Talking Books 11:30 Lunch: Beef Stroganoff Lifes most persistent and urgent question is, "What are you doing for others?" --Martin Luther King, Jr.	25 Center Closed  Happy Thanksgiving!	26 Center Closed Thanksgiving dinners take eighteen hours to prepare. They are consumed in twelve minutes. Halftimes take twelve minutes. This is not coincidence. --Erma Bombeck (1927-1996)
29 10:00 Dyna Bands 11:00 Cards 11:30 Lunch: Ham Loaf	30 10:30 Trivia 11:30 Lunch: Chili 1:00 Shopping Happy Birthday Charley Eliker	ActivAge PEAK Events, call 441-7158 for more information/reservations NOVEMBER 2004 6 - Nebraska Football versus Iowa State Tour. 441-7158 (van) 7 - "Picasso at the Lapine Agile." LCP, 2pm, \$15, 441-7158. 8,9,10,12,18 - Thanksgiving Meals at the Centers. Suggested contribution. Call your center or 441-7158. 9-10 - Travelogue: New Zealand. Edgewood Theatre; 2 & 8 on Tuesday, 2 & 6 on Wednesday, \$6; 441-7026 (van for 10/10, 6pm - call 441-7158) 9 - Dinner & a Show. USO Shows: a Salute to Veterans. Downtown Center, 6pm, \$6 suggested contribution or \$7 cost, 441-7506. 10 - People, Passion, & Performance Exclusive Tour. 441-7158 (van) 18 - "Picasso at the Lapine Agile." LCP, 7:30pm, \$15, 441-7158 (van). 20 - Lincoln Symphony Orchestra: "Music of the Masters," St. Paul UMC, 7:30pm, \$12, 441-7158 DECEMBER 2004 1 - Trip to Kansas City, Northeast Center, 441-7151. 4 - Pete Penguin's Holiday Picnic, Downtown Center, 8am-1pm, cost for food items and photos with Santa, 441-7506. 4 - Lincoln Symphony Orchestra: Holiday POPS - "A Christmas Card from Stage & Screen," KRH, 7:30pm, \$12, 441-7158 6,7,8,9,10 - Winter Holiday Meals at the Centers. Suggested contribution. Call your center or 441-7158. 9 - Catch the Spirit of Christmas Exclusive Tour. 441-7158 (van) 10 - Gaither Homecoming Concert Tour. 441-7158. (van) 10 - Holiday Lights Tour, Downtown Center, 5pm, \$8 or \$12, 441-7506. 12 - "Annie!" LCP, 2pm, \$12, 441-7158. 14 - Volunteer Recognition Event for all Aging Services volunteers. 16 - "Annie!" LCP, 7pm, \$12, 441-7158 (van).		
Daily Alternatives: Coffee & Conversation, Puzzle Corner, Walk the Corridor, Cards, Dominoes, Word Search, Yoga				
Weather Closing Information During times of severe weather, listen to KFOR (1240 am) for storm closing information. ActivAge programs usually close if the public schools close due to weather conditions. This includes: ActivAge Senior Centers; classes through the GOAL, Lifetime Health, and PEAK programs; and transportation services.				
When you are kind to others, it not only changes you, it changes the world. --Harold Kushner				